

The adaptation process after acquired brain injury : Pieces of the puzzle

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The adaptation process after acquired brain injury

Pieces of the puzzle

Ingrid Brands

1. In managing daily problems and stress, patients with acquired brain injury use a rather stable set of coping strategies.
2. Lower self-efficacy for managing brain injury-specific symptoms and making high use of emotion-oriented coping in the sub acute stage are putative risk factors for decreased quality of life in the chronic stage.
3. High self-efficacy for managing brain injury-specific symptoms protects against the negative effect of emotion-oriented coping on quality of life.
4. Successful attainment of life goals is an important contributor to quality of life in patients with acquired brain injury.
5. Successful life goal attainment is associated with higher levels of self-efficacy for managing brain injury-specific symptoms.
6. In rehabilitation, it is important to teach patients the skills needed to manage the diverse consequences of acquired brain injury; it is even more important to make sure that they become confident about their learned skills and abilities.
7. The challenge for the rehabilitation professional is to find a simple recipe to improve self-efficacy.
8. To promote generalization from rehabilitation to the home environment, a goal-oriented approach congruent with the patient's valuable and important life goals is essential.
9. Successful adaptation to chronic disease sequelae is largely dependent on 'personal factors', as defined in the WHO ICF.
10. The scientist is not a person who gives the right answers, he is the one who asks the right questions. Claude Levi-Strauss
11. If the human brain were so simple that we could understand it, we would be so simple that we couldn't. E.M. Pugh